

## Mindfulness, Emotions & Feelings Activities for Thursday

### On the Move

#### Happy/Sad Sort

Your child will enjoy this happy vs. sad sorting relay.

Materials:

- Magazines, family photos, or printed pictures
- Paper
- Marker
- Two empty containers

Instructions:

1. Select photos that clearly represent happy and sad emotions (These can be cut from magazines/newspaper, printed from the internet, or use family photos).
2. Label the two empty containers with "Happy" and "Sad".
3. Ask your toddler to look at each selected picture and decide if it represents happy or sad and place it in the correct bin.

### Adventures Online

#### Super Salad

Make a healthy salad with Bert and Ernie. As you play the game talk with your child about the importance of healthy eating habits.

<https://www.sesamestreet.org/games?id=20585>

### Sensory Time

#### Expressive Walk

Feeling emotions can make you react in different ways. Even the way we walk.

Materials:

- You and your toddler

Instructions:

1. Name an emotion for your child (happy, sad, excited, scared, mad, etc.)
2. Walk as though you are feeling that emotion and have your child mimic you.
3. Ask them to show you their expressive walk and try to figure out the emotion.
4. Talk to your child about the way they are walking to express their feelings. "Does having a happy walk put a bounce in your step?" or "Are you running because you're excited?"

### Story Time

#### Bedtime with Blippi

Blippi reads aloud his first book Bedtime with Blippi book in a library. This is a great bedtime story for children.

Read Aloud: <https://www.youtube.com/watch?v=rdJeIOI6COQ>

## **Arts and Creativity**

### **Show Me How You Feel**

Your toddler will have fun creating this free art choice.

#### **Materials:**

- Paper
- Paint, crayons or markers

#### **Instructions:**

1. Have your toddler paint or draw how they are feeling today.
2. When they are done, ask them to name their picture with a feeling
3. Talk to your toddler about how they felt while they were making their picture.